



## **HPD RECRUITING** **PHYSICAL AGILITY TEST (PAT) TRAINING PROGRAM**

If you are an applicant that may have difficulty with and/or is concerned with passing the HPD Physical Agility Test (PAT), which is required of all candidates that enter the application process for Police Officer Trainee, you may participate in a physical training program that could assist you. The participation of applicants in this program is completely voluntary and may help you to qualify as an applicant and succeed in achieving this goal if you are selected for the Police Academy.

Weekly training sessions are held at HPD Headquarters, 1200 Travis, Recruiting Unit, 13<sup>th</sup> Floor and are scheduled (*except on holidays*) as follows:

Monday & Wednesday - 4:00 PM to 6:00 PM  
Saturday - 8:00 AM

If you are interested in participating in a training program session and to insure that we are adequately staffed on the date you select, please do the following: *Contact Officer Frances Dominguez at (713) 308-1345 to schedule an appointment.*

***WE RECOMMEND THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE YOU PARTICIPATE IN ANY PHYSICAL TRAINING PROGRAM.***